



FOOD *for thought*

SPRING 2015

Thank you for helping so many people in need

My name is Mary and I've been coming to Davis Community Meals to get dinner for many years. There are so many people in need and I think the Food Bank is doing a wonderful job. I have a lot of food allergies, so I have to be very careful about what I eat. When I come here they give me a special salad that has dressing that is safe for me to eat. They look out for me, telling me what the vegetables are cooked in or what's in the food so I don't get sick.

"I truly appreciate the people who support the Food Bank. What you are doing is God's work."

— MARY

Four years ago I was homeless and sleeping in my van, and then I got into some subsidized housing. It really helped my health. I've been asthmatic since I was four years old, and while I was sleeping in my van I would get severe asthma attacks every winter. Being out in the elements was difficult for me, but

now that I have an apartment and a place to get a good meal, things are much better.

Helping those who live marginally

I used to own my own business, but when my business failed and I lost all my money, I became homeless. It's hard to live on the street, and find places to park where you won't get a ticket. My father lived in Taiwan, but he helped me out with a little money. When he passed away he left me a small amount of money, so that's helping me get by right now along with the help from the Food Bank.

I know many people who live marginally. They might go between being homeless and having an apartment for a while. And there are so many others who are out of work. The food here is really helping people in need. I truly appreciate the people who support the Food Bank. What you are doing is God's work, which is taking care of other people. You're helping a lot, so thank you!

Mary appreciates the food she receives at Davis Community Meals, one of our partner agencies, because they accommodate her food allergies.



Thank you 2014 Running of the Turkeys sponsors, participants and volunteers!

- On Thanksgiving morning you helped us raise **\$38,657** for food aid in Yolo County.
- 5K Run/Walk registrations increased to **1,000**.
- **120+** volunteers made the event run smoothly.
- We appreciate the generosity of all our sponsors! For a full listing, please see page 4.



Food for thought

from the Executive Director



Dear Friends,

As we start a new year of providing food for our hungry neighbors, we're working and strategizing to get more healthy food out to meet the increased need in Yolo County. The data from Feeding America's recent hunger study report shows an

increase in the number of food-insecure families we have in our communities. From people like Mary, who suffers from food allergies, to a dad like Jose who is seeking work so he can feed his family, we have to grow to meet these varied needs in the most efficient and nutritious way possible.

One-quarter of the food we distribute is fresh produce, much of it grown in our own backyard. We're so thankful for the partnerships with farmers like Tom Muller and local seed research firms, who are helping provide the nutritious fruits and vegetables we distribute daily. Each year we've continued to increase the amount of fresh produce we're distributing through our partner agencies and programs like Kids Farmers Market and Friday's Table.

"One-quarter of the food we distribute is fresh produce, much of it grown in our own backyard."

As we work to deliver more healthy, nutritious food to increasing numbers of food-insecure Yolo County residents, we know we need to grow. We're bursting at the seams in our warehouse. We need more vehicles to expand our new senior grocery program, and more cold storage to warehouse fresh produce while we distribute it. And we need more food. This spring we're launching our virtual food drives, which will help donors provide the specific foods we need most.

We are so appreciative of the continued support this community provides each year. During the holidays, individuals, organizations and businesses impressed us with their financial generosity and through gifts of time and goods. Thank you for your ongoing support, which is vital to helping us feed the children, families, seniors and individuals who are struggling in our neighborhoods. You are making a difference!

With gratitude,

Kevin

Kevin Sanchez, Executive Director

P.S. Join our Legacy Leaders Society by remembering Yolo Food Bank in your will or trust.

Donor and Board Member Perspective

Tom Muller: Called to feed people



Tom Muller believes the reason he was put on the face of this earth was to be a farmer. And part of his mission as a farmer is to see that people are fed, especially those in the community who are struggling. "You hear the statistics of how many hungry people are just in Yolo County. It's an astonishing, jaw-dropping equation. As a farmer, I'd like to help feed people," he says.

For Tom, feeding hungry people means planting a few extra acres of butternut squash, a hearty and nutritious vegetable, to donate to Yolo Food Bank. It means asking other farmers for donations of food or cash or personally calling donors to thank them. It means involving his church members to glean remaining produce after the harvest to give to Yolo Food Bank.

A healthier generation

Tom is especially enthusiastic about the value of providing fresh produce to children. "Kids Farmers Market is probably the thing that's made me the happiest," he says. "If you expose young people to things, they will change. That is the way you're going to get the next generation to eat healthier and be healthier."

Tom and his wife have served and supported Yolo Food Bank for many years, and Tom currently sits on the Board of Directors and continues to share his passion for feeding our hungry neighbors with others in the community. He tells people, "Go to the Food Bank and see what they're doing. When you see people coming in cars and you see how in need they are, it really makes you want to give more and do more!"

To find out how you can join Tom in helping fight hunger in our community or to take Tom's advice and come see your donation in action, visit our website at www.yolofoodbank.org

"You hear the statistics of how many hungry people are just in Yolo County. It's an astonishing, jaw-dropping equation. As a farmer, I'd like to help feed people."

— TOM MULLER

Thank you for helping feed my family

My name is Jose. I'm a single parent, and I lost my job a few months ago. We've had a hard time, and so I decided to come down to the food pantry for the first time today. It means a lot knowing I'm going to have meals for the next few days to feed my family.

I've lived in this area for 20 years, and I've been working in fabrication. For 10 years I worked for a company that built fire trucks, but they went out of business. Then the next company I was at started laying people off, and I was one of them. I've been applying for work at a lot of different places but nothing has come through. And I'm just now getting unemployment, so I'm really struggling financially.

A temporary help

I have two teenagers and a five-year-old to take care of. We've been staying with my relatives, and sometimes I sleep in my truck. I've had to go hungry sometimes, but I know there are a lot of people worse off than me. Thankfully, my

family has helped out so my kids have never gone hungry. Once I start to get money coming in we'll be fine, but until

"It means a lot knowing I'm going to have meals for the next few days to feed my family."

— JOSE

and get back on my feet so I can take care of my family.

then, we just need some temporary help—like the food we're getting from the pantry today.

My 18-year-old recently got a job at Walmart and my 17-year-old is also looking for work. Now my biggest challenge is to find a job for myself

I just want to say thank you to the people who support the Food Bank. I really appreciate the help you give to other people. You have a good heart. I believe what they say, that if you give, you'll get something back in return. So I wish nothing but the best things for you. Thank you.

After being laid off, Jose has struggled to find work.



Volunteer Spotlight

Friday's Table: A humbling and life-changing experience

When Norm hit a rough patch and was on the verge of losing everything in his life, he decided to volunteer at Yolo Food Bank. Here he recounts what he learned by helping his neighbors in need.

In spring of 2010, I had a life-changing illness. At the time, I thought it was the worst thing that could possibly happen. As I look back, it was truly a gift from God. Nine months later, I also lost my job. Rather than feel sorry for myself, I decided I was going to help my neighbors in need. I became a volunteer at Yolo Food Bank's "Friday's Table," a program that provides Yolo County residents with fresh, nutritious foods early on Friday mornings.

One of the most profound moments in my life was when a woman in a wheelchair asked if I could help her pick out some flowers. I picked out a bunch of what I thought were the best we had left, but they were old and badly in need of water—ones that you and I would probably toss. She said, "Thank you so much, those

are just beautiful!" I nearly lost it. Here was a woman who had been given too many bad breaks in her life, and yet she found beauty that you and I would have missed. And she was so grateful. It renewed my faith in human beings, and it absolutely touched me to my core. Friday's Table became the high point in my life.

A lasting impact

I landed my dream job. It was very hard to say goodbye to Friday's Table, so I didn't. I hoped to be able to help out when I had a day off every now and again. My job is very demanding and I have not had that opportunity yet, but every Friday morning an alert from my Google Calendar goes off at 6:15 a.m., with "Friday's Table" written. I remember its importance in my life.

For those who can, spend an hour or two helping others—the rewards you'll receive will touch your souls. If you can't do that, please give to this wonderful organization as they are the "real deal". The food goes to those who need it, and there is nothing better than helping your fellow brothers and sisters out.



Volunteering at Friday's Table changed Norm's life.

John Schneider honored for volunteer service



Yolo Food Bank's philanthropist of the year, John Schneider, receives his award from Emilia Aguirre, Programs Coordinator, Corkey Mapalo, Director of Warehouse Operations, and Leonard Ponce, Warehouse Associate at the 8th Annual Philanthropy Day celebration sponsored by Yolo Community Foundation.

Save the date

Pig Day at Davis Farmers Market

Free Yolo Food Bank "Thank You" breakfast from 8:00 a.m. to noon on March 7, 2015.

Spring Meal Distribution

First week in April at 233 Harter Ave., Woodland. Volunteers needed.

BIG Day of Giving

on May 5, 2015. See www.yolofoodbank.org for details.



Contact us

1244 Fortna Avenue
Woodland, CA 95776
530-668-0690
www.yolofoodbank.org

Office Hours:

Monday through Friday,
8:30 am–5:00 pm

Warehouse Hours:

Monday (receiving only)
9:30 am–2:30 pm
Tuesday–Friday,
8:30 am–2:30 pm

Help fight hunger: New service Saturdays

Start your weekend by feeling good! Come volunteer at Yolo Food Bank on a Saturday morning, and you'll be helping feed the hungry in our community. Work sessions are one Saturday per month in two-hour shifts between 9:00 a.m. and noon. The specific Saturday each month can vary according to scheduling demand. Volunteer tasks include rice and bean packing, food boxing and product sorting. Individuals and groups are welcome. Groups with 20 or more participants may request a separate Saturday work session.

Volunteering is now more convenient than ever. To sign up, contact Josh Ellis at 530-668-0690 or josh@yolofoodbank.org

Stay connected



www.yolofoodbank.org

Food drives go virtual!

This spring we're debuting a new donation option on our website: the virtual food drive. Individuals, businesses and organizations will be able to use a simple and secure internet-based tool to choose and securely purchase most-needed food items for Yolo Food Bank by using their bank or debit cards.



We hope you'll agree that a virtual food drive is a convenient, user-friendly and efficient way to maximize Yolo Food Bank's leveraged buying power to procure food products in bulk or at wholesale prices and lower food drive administrative costs. Check it out at www.yolofoodbank.org and give your feedback to Josh Ellis (josh@yolofoodbank.org) or Linda Zablony-Hurst (linda@yolofoodbank.org).

Thank you to our 2014 Running of the Turkeys sponsors!

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